

## Resonate Now – September 2025

Hello everyone! We hope you're all keeping well.



We were thrilled to hear our Singing with Friends choir on the main stage at Wigmore Hall in July, with a summer sharing of songs, musical improvisation and poetry on the theme of birds and nature. As one audience member said, “Sometimes words are not enough, this is one of those times – inspiring – we loved every minute!”

🚩 **Big News!** We are running in the Vitality 10,000 on **Sunday 28<sup>th</sup> September** to raise money for Resonate Arts. Projects Manager **Shelley**, Director **Sam** and our trustee **Annjana** will run a 10-kilometre course via London's major landmarks to help raise vital funds for people living with dementia and their families to access life-enhancing arts experiences. You can sponsor our runners at: [www.justgiving.com/page/resonate-arts-runners-2025](http://www.justgiving.com/page/resonate-arts-runners-2025)

Thank you for any support you can provide, big or small!

### Resonate Arts Events

Our weekly **Creative Dance & Movement** sessions take place on **Monday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> September, 2pm – 3.30pm** at **Penfold Community Hub, 60 Penfold Street, NW8 8PJ**. Gentle & playful movement class; chair-based. For more information, please call Katie on **0300 030 7212**, or email: [info@resonatearts.org](mailto:info@resonatearts.org)

Our **Singing with Friends Choir** rehearsals restart in person at **Wigmore Hall, 36 Wigmore St, W1U 2BP** on **Tuesday 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> September** and **online (via Zoom) on Tuesday 23<sup>rd</sup> September**. For info, call Shelley on: **0300 030 7212**, or email: [info@resonatearts.org](mailto:info@resonatearts.org)

**Music for the Moment** – our **free** dementia-friendly concert series in partnership with the Royal Academy of Music – starts up again on **Friday 19<sup>th</sup> September** at **St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT**. Flautist **Sinead Walsh** from the Royal Academy of Music will be performing. **Tea & cake from 2.30pm, concert starts at 3pm.**

🎉 **Resonate Arts Celebration Party!** 🎉 takes place at **St Peter's Church, Notting Hill** on **Thursday 25<sup>th</sup> September, 2pm – 4pm**. Join us for tea, cake and lots of fun activities! **Booking essential!! Please RSVP to:** [info@resonatearts.org](mailto:info@resonatearts.org) or call us on: **0300 030 7212**.

**Creative Space Art** takes a break in September. Our next session at **Salvation Army, Regent Hall, 275 Oxford St, W1C 2DJ** will be **Monday 20<sup>th</sup> October, 2pm – 3.45pm**. For more info and to book a place, please contact Shelley: **0300 030 7212** or email: [info@resonatearts.org](mailto:info@resonatearts.org)

## Other News

**Royal Hospital Chelsea – Wellbeing Tuesdays** Soane Stable Yard, Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR (enter via Chelsea Gate)

**Every Monday, 11.30am – 12.20pm: gentle seated exercise with Alice. Booking required!**

**Tuesday 2<sup>nd</sup> September, 10.30 – 11.30am: relaxed art workshop**

**Tuesday 9<sup>th</sup> September, 10.30 – 11.30am: community singing with Alastair & Christopher**

**Tuesday 16<sup>th</sup> September, 10am – 12pm: community coffee morning**

**Tuesday 23<sup>rd</sup> September, 10.30am – 12pm: relaxed wellbeing walk**

**Tuesday 30<sup>th</sup> September, 10.30am – 3.30pm: day of music, art and sensory experiences**

Visit the Royal Hospital Chelsea, home of the Chelsea Pensioners, for a programme of **free** weekly wellbeing sessions for people living with memory loss, carers, friends and family. To book, call Marina: **020 7881 5493**, or [communityengagement@chelsea-pensioners.org.uk](mailto:communityengagement@chelsea-pensioners.org.uk)

**\*Memory Café supported by ‘Visiting Angels’ Tuesday 23<sup>rd</sup> September, 11am – 1pm**  
St Mary’s Church, Bourne Street, SW1W 8JJ (fully accessible building)

Informal, supportive environment where people living with dementia and their carers can socialise and connect for **free**. Activities organised by ‘Visiting Angels’. Light refreshments provided. For info & to book, call: **020 3004 5610**, or [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

**Creative Workshop: Painting Portraits Tuesday 23<sup>rd</sup> September, 2pm – 4pm (free)**

Learning Studio, The Wallace Collection, Hertford House, Manchester Square, W1U 3BN

Explore the different styles of portraits in the collection; join artist Marie-Therese Ross and learn to create your own portrait painting using acrylic paint. No experience necessary, all materials provided. Dementia friendly, carers and family welcome. **Please note: booking is essential!** Contact: **020 7563 9577**, or email: [community@wallacecollection.org](mailto:community@wallacecollection.org)

## Our ever radiant faces....



**Sofi Mogensen**

**Projects Manager**



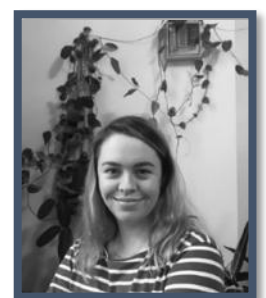
**Sam Curtis**

**Director**



**Shelley Hastings**

**Projects Manager**



**Katie Turnbull**

**Projects Manager**

Please do get in touch if you would like to book a place for any of our activity listings. As always, we look forward to seeing you soon! Best wishes, Sofi, Sam, Shelley & Katie

You can contact **Resonate Arts** on: **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)

## Westminster event listings – September 2025

### Memory Café South Tuesday 2<sup>nd</sup> September, 2.30pm – 4.30pm

St James the Less Church, Vauxhall Bridge Road, Pimlico, SW1V 2PS

### Memory Café North Wednesday 24<sup>th</sup> September, 2.30pm – 4.30pm

42 Westbourne Park Road, Bayswater, W2 5PH

Both cafés provide group-based support for people living with dementia and memory loss.

Call London Care Westminster on **020 7723 5425** or email: [marco.sepe@candhealthcare.co.uk](mailto:marco.sepe@candhealthcare.co.uk)

### Maintenance Cognitive Stimulation Therapy (MCST) Tuesdays, 2.30pm – 4pm

St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT (weekly group)

Activities to help maintain memory & mental function in a supportive space. For early stage

dementia. **Pre-assessment required**, call **020 3004 5610** / [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

### Singing for the Mind Thursdays, 2pm – 4pm (weekly, excluding public holidays)

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Singing for the Mind is a stimulating, professionally-led, friendly and, above all, fun singing session for people with memory loss. Contact [sfm@ljs.org](mailto:sfm@ljs.org) or **020 7286 5181** to learn more and to register.

### Songhaven Concerts

**Saturday 13<sup>th</sup> Sept, 3pm** Conway Hall, 25 Red Lion Square, WC1R 4RL. Tel. **020 7405 1818**.

**Sunday 14<sup>th</sup> Sept, 1.30pm – 4.30pm** special event at Conway Hall, 25 Red Lion Square, WC1R 4RL.

Tel. **020 7405 1818**. Tickets: £7 in advance, £8 on door (+ £2 venue levy). [Creative Responses to Dementia](#) – scientific talks, music from Songhaven & performances from Electric Voice Theatre.

**Saturday 20<sup>th</sup> Sept, 3pm** St Paul's Knightsbridge, 32a Wilton Place, SW1X 8SH. Tel. **020 7201 9999**.

Further info at: <https://songhaven.co.uk/liveconcerts/> or email: [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### Heart of Westminster – Age UK Westminster Memory Café Monday 15<sup>th</sup> September, 11am - 1pm

Salvation Army, Regent Hall, 275 Oxford Street, London, W1C 2DJ (\*see also new café on page 2)

Offering a relaxed, informal setting for people with dementia and their family, friends and carers

to get together. To book, call: **020 3004 5610**, or email: [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

### Video and Tea Wednesday 24<sup>th</sup> September, 1:30pm – 4:30pm

The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA

Watch a screening of the film 'Singin' in the Rain' followed by a delicious tea and ice-cream. No need to book, tickets £2 on the day. Wheelchair accessible. For info, please call **020 7286 5181**.

### Sessions at Lord's Cricket Ground

Lord's Cricket Ground, St John's Wood Road, NW8 8QN (Entrance – Grace Gate)

**Music Session** September date TBC, **1.30pm – 3pm** Pop, folk & opera with singer Maciek O'Shea.

**Reminiscence Session** Tuesday 30<sup>th</sup> September, **1.30pm – 3pm** Friendly chat & refreshments session. For more info, please call John on **020 7616 8604** or email: [john.donegan@mcc.org.uk](mailto:john.donegan@mcc.org.uk)

### Listings produced by Resonate Arts for people living with dementia, their supporters & carers

We recommend contacting the provider in advance to book your place and discuss access needs

Contact **0300 030 7212** or [info@resonatearts.org](mailto:info@resonatearts.org)